# Group Fitness Classes

---Spring 2022---

**Subject to change...See our website & Instagram for updates!**

Revised 2/15/22

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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>12:05-12:50 PM YOGA Charity</td>
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<td>12:05-12:35 PM CYCLING Shaun</td>
<td>12:05-12:50 PM TOTAL BODY STRENGTH Charity</td>
<td>12:05-12:50 PM YOGALATES Charity</td>
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<td>5:00-5:45 PM ZUMBA Faith</td>
<td>5:00-5:45 PM STICK MOBILITY Elizabeth <strong>Starting 2/22/22</strong></td>
<td>5:00-5:45 PM EXERCISE WITH MARTIAL ARTS Alec</td>
<td>4:30-5:15 PM REBOOT Alyssa</td>
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<td>6:00-6:45 PM SELF-CARE &amp; FLEXIBILITY Faith</td>
<td>6:00-6:45 PM CARDIOSPORT Rachel</td>
<td>6:00-6:45 PM ZUMBA Kelsey</td>
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CLASS DESCRIPTIONS

**CardioSport:** The workout designed for the mind of an athlete. Get in the game with continuous movement, agility, and strength for optimal results!

**Cycling:** Get hooked on this non-impact, heart-pumping "ride". Let the music take you on “hills”, “jumps” and “sprints” as you boost your metabolism to the next level. Class size limited to 10. *See below note about reserving a bike and arriving early for class.*

**Exercise with Martial Arts:** Learn new skills while getting in your exercise for the day! You will spend time performing taekwondo techniques, as well as a combination of cardio, strength & balance exercises. Learn ideas to defend yourself, or come for a new creative way to exercise! Instructor is a 3rd degree black belt and taekwondo instructor. No prior experience or equipment necessary.

**ReBoot:** This high intensity class will get your heart rate up and target all major muscle groups. Come work out, de-stress, and reboot for tomorrow! Please bring your own mat.

**Self-Care & Flexibility:** A class combining varying styles of training and stretching to increase flexibility using simple body weight movements. Please bring your own mat.

**Stick Mobility:** Actively stretch while improving balance, flexibility, posture, full body strength & coordination. Benefits include improved athletic performance, reduced risk of injury & accelerated recovery. Low intensity with lifelong benefits and a great way to move your body in a functional way! Please bring your own mat.

**Total Body Strength:** This strength training class will target all major muscle groups utilizing a variety of equipment and techniques – physio balls, TRX, etc…. Have fun, boost your metabolism, and stretch your body safely. Please bring your own mat.

**Yoga:** This Eastern art enhances balance, strength, flexibility and alignment by connecting breath to movement. Consistent participation promotes mindfulness and overall wellbeing, and will leave you feeling stronger both on & off the mat. Classes are open to all levels from beginner to advanced. Please bring your own mat.

**Yogalates:** A strength-based fusion of Yoga and Pilates principles, increasing flexibility and muscular endurance. Focus on alignment, activation, and proper movement patterns. Classes are open to all levels from beginner to advanced. Please bring your own mat.

**Zumba:** Fuse Latin rhythms and basic hip hop styles into one class! This easy to follow class uses energetic dance moves to work the whole body. Have fun and get a great workout through dance!

**To reserve a spot for these classes, call 358-2826** With limited capacity during COVID, participants must reserve a spot within 24 hours of class time by calling or visiting the front desk of the Recreation Center (1st floor). Cycling participants must check in and adjust bikes 5 minutes prior to the start of class. If your bike is not claimed 5 minutes before the start of class, it will be made available for those on the wait list.